Parkland Wellness Resource Manual

October 1990

Parkland Wellness Promotion Network

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This Manual has been prepared by the **Parkland Wellness Promotion Network** for use by professionals and the general public as a resource for identification, referral and use of the variety of agencies that affect the wellness of parkland residents. The Network has included government departments, businesses, and non-profit agencies, organizations and groups.

Inclusion in the manual does not imply endorsement of the agencies, organizations and business or the services they provide.

Printed by Manitoba Health

Government Agencies

Manitoba Agriculture
Home Economist
27 – 2nd Avenue S.W.,
Dauphin, Manitoba R7N 3E5
Phone: 638-9111
Hours: 8:15 a.m. – 4:30 p.m.

Sub-Offices and Areas Covered:
Ethelbert, Phone: 742-3779, (2nd & 4th Thursday)
Ste. Rose, Phone: 447-2116, (Tuesday)
Swan River, Box 370, Man. R0L 1Z0, Phone: 734-3417,
(Mon. – Fri., 8:30 – 4:30 p.m.)
Russell, Phone: 773-2043, (8:30 – 4:30 p.m.)
Roblin, Phone 937-2158, (Tuesdays)
Grandview

Goals and Objectives: To assist Manitoba families in applying knowledge and skills to improve family lifestyle and well being through the optimum use of physical and human resources.

Description of Programs: A comprehensive range of services is provided including **Financial Management** — managing income and record keeping, comparison of costs and options of goods and services, crisis counselling; **Family Living and Well-being** — family relationships, decision making, communication and time management skills for families; **Technical Home Economics Information** — using available resources to meet the basic needs of food, clothing and shelter; **Farm Business Management** — teaching of farm business groups, individual counselling and group work.

Target Population: Young farm families, especially those headed for financial difficulty, those in severe financial difficulty and the chronically low income farm family. Other risk or vulnerable families are in the target group.

Fee for Services: Only skill courses or informational seminars have a fee.

Manitoba Agriculture
Farm Management Specialist
27 – 2nd Avenue S.W.,
Dauphin, Manitoba R7N 3E5
Phone: 638-9111
Hours: 8:15 a.m. – 4:30 p.m.

Sub-Offices and Area Covered:
Dauphin, Ethelbert, Ste. Rose, Rossburn.
Swan River Office, Box 370, Swan River, Man. R0L 1Z0 Phone: 734-3417, (8:15 a.m. – 4:30 p.m.)
Areas covered are Roblin, Russell, The Pas.

Description of Programs: Preventative and crisis counselling to farmers in the area of farm business management — credit management, farm accounting, taxation, business management, etc. Group education on farm management topics.

Target Population: Farming population

Fees for Service: Nil

Manitoba Agriculture
Agriculture Representative
27 – 2nd Avenue S.W.,
Dauphin, Manitoba R7N 3E5
Phone: 638-9111
Hours: 8:30 a.m. – 4:00 p.m.

Sub-Offices and Area Covered:
Grandview – Crop Insurance Office (every Tuesday)
Swan River, Box 370, Phone: 734-3417 (Mon. – Fri., 8:30 – 4:30 p.m.)
Ste: Rose, Phone: 447-2116, (Mon. – Fri., 8:30 - 4:30 p.m.)
Roblin, Box 970, Phone: 937-2158, (Mon. – Fri., 8:30 – 4:30 p.m.)
Russell, Box 160 (sub-office at Rossburn on Wed., Phone: 859-2614)
Ethelbert, Phone: 742-3779, (Mon. – Fri., 8:30 – 4:30 p.m.)

Description of Programs: Organize extension meetings, seminars and short courses; provide individual counselling; deliver department programs and monitor agricultural trends in the areas of farm management, crops, soil and water, livestock, 4H, and rural development; network with local organizations and services to facilitate program delivery.

Target Population: Farming population

Fee for Service: Nil

Alcoholism Foundation of Manitoba
Rehabilitation Counselor;
Impaired Driver Education Counselor; Field Worker
32 – 1st Avenue N.W.,
Dauphin, Manitoba R7N 1G7
Phone: 638-9230 or 638-3523
Hours: 8:30 – 4:30 p.m. Monday to Friday

Sub-Offices:
Swan River, Man. Box 1450, Shelley Wary A.T.W., (Mon. – Fri.) Ph: 734-2030

Goals and Objectives: To provide prevention and treatment programs related to chemical misuse and dependency to individuals and communities; for conducting research into the negative effects of substance abuse; and in so doing, for promoting the health and well-being of Manitobans.

Description of Programs: Self-Help Support: Residential treatment programs, affected persons program, aftercare counselling, out-patient counselling, programs for impaired driver's, prevention education programs, referral to A.A., Al-Anon, and A. A-teen support.

Description of Resources: Educational programs (self-help) Tuning in to Health, drugs and the elderly, kid's & drugs, women & addictions, pamphlets re: alcohol, tobacco, caffeine and other drugs. A.V. catalog available.

Target Population: Various age groups, basically teenagers and adults.

Fees for Service: Depending on courses (prevention education)

Other services are available.

Alcoholism Foundation of Manitoba
Willard Monson House Treatment Centre
Supervisor
Ste. Rose, Manitoba
R0L 1S0
Phone: 447-2929
Hours: 8:00 a.m. – 4:00 p.m. (24 hour service)

Goals and Objectives: To provide residential rehabilitation treatment services for chemically dependent individuals.

Description of Programs: Residential rehabilitation program for chemically dependent people. The program is twenty-days in duration.

Description of Resources: Access to print materials, books and videos
Target Population: Chemically dependent individuals

Fees for Service: None

Manitoba Culture, Heritage and Recreation
Regional Manager
27 – 2nd Avenue S.W.,
Dauphin, Manitoba R7N 3E5
Phone: 638-9111 Ext. 274
Hours: 8:30 – 4:30 p.m., Monday to Friday

Goals and Objectives: Provide consultation, assistance and access to departmental resources to support rural and northern communities in stimulating and encouraging growth and change in community through culture, heritage, recreation, sport and fitness development.

Description of Programs: Variety of community level programs and granting opportunities; consultative services to community or groups regarding areas of jurisdiction; community or group level "volunteer board development" opportunities; leisure facility consultation; referral agency to related organizations, government, other funding groups.

Description of Resources: Referral to related agencies **re:** films, posters, pamphlets, information

Target Population: All Parkland Region residents.

Other services are available.

Manitoba Employment Services & Economic Security
Economic Security Counselor
202 Main Street South
Dauphin, Manitoba R7N 1K6
Phone: 638-8220
Hours: 8:15 – 4:30 Monday to Friday

Sub-office: Swan River – 734-3491

Goals and Objectives: The Provincial Social Allowances Program is one of two designed to ensure that no persons residing in Manitoba lack the basic necessities essential to their health and well being. The other program, Municipal Assistance, is administered by the individual municipalities in Manitoba.

Description of Programs: The Provincial Social Allowances Program provides assistance to residents of Manitoba who are eligible for benefits under the Social Allowances Act. These are primarily persons who require long-term assistance for reasons such as disability, age, or the sole support of dependent children.

Target Population: Residents of Manitoba

Environmental Control
Regional Supervisor
27 – 2nd Avenue, S.W.,
Dauphin, Manitoba R7N 3E5
Phone: 638-9111
Hours: 8:00 a.m. – 4:00 p.m.

Sub-Offices:
Swan River (8:30 a.m. – 4:30 p.m.)

Goals and Objectives: Prevention of disease, education, dissemination of information. Inspection and enforcement.

Description of Programs: Technical information and advice on public health risks from substances in air, soil, water, food and environmental risks concerning radiation, temperature and noise.

Description of Resources: Information on food, water, environment to prevent disease.

Target Population: Everyone within Parkland Region

Fee for Service: Nil

Manitoba Health and Family Services
Regional Director
15 - 1st Avenue S.W.,
Dauphin, Manitoba
Phone: 638-7024

Manitoba Health and Family Services Programs seek to improve the quality of life for all Parkland residents with services that are accessible and responsive to community needs. Services to people are based on a cooperative relationship between communities and a wide range of organizations which operate health and social services with the support of the Manitoba Government.

Community Health and Social Services focus on prevention and helping people before problems arise and encourage individuals to live as independently as they can within the community, further information can be obtained from the regional director.

District Offices:

Ste. Rose du Lac Municipal Building Box 293 R0L 1S0 447-2010	Swan River (Health) Box 1028 R0L 1Z0 734-3495	Swan River (Family Services) Box 997 R0L 1Z0 734-3436

Roblin
15 Hospital Street
Box 880
R0L 1P0
937-2151

Dauphin (Health)
707 – 3rd Street S.W.
R7N 1R8
638-8785

Office Hours: 8:15 a.m. – 4:30 p.m.
An on-call system is operational for emergency services.

Programs and services in the region include:

Child Day Care
Coordinator
51 – 1st Avenue S.W.,
Dauphin, Manitoba R7N 1R9
Phone: 638-7024

Goals and Objectives: To promote and support quality day care.

Description of Programs: License and monitor all day care services in the region; provide general information on quality day care and help families locate and assess day care services; provide subsidies on behalf of eligible families; help individuals and groups establish and operate day care centres and homes.

Child and Family Services
Regional Co-ordinator
15 – 1st Avenue S.W.,
Dauphin, Manitoba R7N 1R9
Phone: 638-7024

Sub-office: Swan River

***Child and Family Services:**

Goals and Objectives: Primarily responsible for the protection of children and helping families and communities in their parenting function.

Description of Programs: Personal and family counselling services; preventive and supportive services to preserve the family unit; homemaker, parent-aide and other support services to adolescent parents and families in need; voluntary placement of children and surrender of guardianship services; identify, treat and prevent child abuse; protection and emergency shelter for children; short-term and long-term care for children — such as foster care; recruit, develop and support foster parents; permanency planning for children in agency care; adoption services to give children a permanent family home; assist community groups to help families care for their children and enhance family life within their community.

***Childrens Special Services:**

Goals and Objectives: To support families of children with disabilities.

Description of Programs: Respite care services to families; infant and child development programs; access to child development clinics; individual plan; mobile therapy services; special devices clinic.

Target Population: Children with mental or physical handicaps.

Community Mental Health
Regional Co-ordinator
707 – 3rd Street S.W.,
Dauphin, Manitoba. R7N 1R8
Phone: 638-8785
Hours: 8:15 a.m. – 4:30 p.m.

Sub-Offices:
Swan River, Ste. Rose, Roblin

Goals and Objectives: Early detection of mental illness to prevent more serious problems and possible hospitalization. Promotion of public awareness of mental health issues.
Description of Programs: *Adult Mental Health: Counselling, treatment and follow-up services for individuals and families with mental health problems; consultation on request for schools, community and professional groups and agencies; emergency assistance in crisis situations; assist with placement and treatment in residential and hospital facilities; vocational and social skills training to promote integration of the mentally ill into the community.

***Child and Adolescent Mental Health:** Assessment of children and adolescents with mental disturbance; treatment services for children and adolescents and their families, consultation with other professionals, agencies and organizations; education for public and professional groups.

Community Social Services
Regional Coordinator
15 – 1st Avenue S.W.,
Dauphin, Manitoba R7N 1R9
Phone: 638-7024
Hours: 8:15 – 4:30 p.m.

Sub-Offices: Swan River

Goals and Objectives: To provide service to physically and mentally handicapped adults and to work with communities, families and individuals who are involved with the target group.

Description of Programs: Services for Mentally Handicapped Adults: Assessment, counselling and case management services for individuals who have a mental handicap and their families; respite or short-term relief care; day programs, activity programs and support for persons with a mental handicap; supervised apartment living; placement and support for individuals in residential settings including foster homes, licensed residential facilities, and community residences; crisis intervention services.

Target Population: Adult mentally handicapped persons.

***Vocational Rehabilitation Services:** Screening and assessment service; counselling and case management; vocational planning, training and assistance with employment placement.

Target Population: Persons who experience a disability including physical or learning disability, psychiatric disorder or mental handicap that limits their ability to receive gainful employment.

Community Health Nursing Programs
Regional Co-ordinator
707 – 3rd Street S.W.,
Dauphin, Manitoba R7N 1R8
Phone: 638-8785

Sub-Offices:
(Public Health Nurse)
Swan Valley Health Unit, Ste. Rose Municipal Building, Roblin Health Unit, Ethelbert Agriculture Building.
(Community Health Worker)
Crane River, Waterhen, Camperville, Duck Bay, Pelican Rapids.

Goals and Objectives: Prevention of disease and promotion of wellness.

Description of Programs: Maternal-child health; prenatal education programs for expectant parents focusing on healthy lifestyles during pregnancy, emotional, social and physical changes, fetal development, labor, delivery and infant care; programs for new parents provide support, consultation and information on the development of their infant or preschool child; assessment and referral services available on child development; educational programs and counselling services to promote healthy attitudes to human sexuality, planning and spacing of pregnancies and help prevent diseases of the reproductive system. Communicable Disease Control — prevention and control of many communicable diseases through immunization of children and adults; control of sexually transmitted and other communicable diseases through confidential investigation, treatment and notification of partners; information to schools and community groups on communicable diseases. Health Promotion — education programs and services to influence positive health attitudes, lifestyle counselling on an individual, family and community basis.

Continuing Care
Regional Co-ordinator
201 – 4th Avenue S.,
Swan River, Manitoba
Phone: 734-3436
Hours: 8:15 a.m. – 4:30 p.m.

Sub-Offices: Dauphin, Ste. Rose, Ethelbert, Roblin

Goals and Objectives: To provide an assessment for care which determines whether a person's care needs can be met appropriately at home or whether the person requires an institutional setting to meet care needs.

Description of Programs: Assessment of need to determine eligibility for home care services or placement into a personal care home; home care services to support the care of persons in their own homes, to prevent unnecessary placement in a hospital or personal care home; range of services include home support, personal care, nursing, therapy, counselling, supplies, equipment and volunteer services; placement into a personal care home when the family, community resources and home care services cannot meet the persons care needs.

Target Population: Any Manitoban who may need assistance that will enable them to live safely at home and those who are caring for aging, disabled or recovering persons and need assistance.

Diabetes Education Resource (D.E.R.)
Dietitian/Nurse Educator
707 – 3rd Street S.W.,
Dauphin, Manitoba R7N 1R8
Phone: 638-8785
Hours: 8:15 – 4:30 p.m. Monday to Friday

Goals and Objectives: to provide a diabetes education program for people with diabetes and their families which promotes self-management of the disease. To provide educational opportunities for health professionals involved in the care of persons with diabetes. To increase general awareness of diabetes; its impact and prevention.

Description of Programs: The education program provided is based on the major elements of diabetes management: nutrition, exercise, medication and monitoring. Group and individual sessions are offered.

Description of Resources: Access to a variety of print and visual resources.

Family Conciliation
Westman Regional Co-ordinator
340 – 9th Street (Room 300)
Brandon, Manitoba R7A 6C2
Phone: 1-800 572-1040

Goals and objectives: To support families in crisis

Description of Programs: Conciliation Counselling — Short-term crisis counselling aimed at helping people make decisions about their problems: Mediation — Short-term, goal oriented services concerned only with child-related matters; Court-Ordered Assessments — Assessment and recommendation on how the needs of the children may best be met.

You may contact family conciliation yourself, or be referred by the court, by your lawyer, legal aid, or a social service agency.

Health Education
Health Educator
707 — 3rd Street S.W.,
Dauphin, Manitoba R7N 1R8
Phone: 638-8785

Goals and Objectives: To address the health issues of chronic disease, fitness, stress management, accident prevention, cancer, cardiovascular disease, diabetes, smoking and chemical abuse.

Description of Programs: Information on fitness and the benefits of physical activities — delivered on a group basis; programs on smoking reduction in schools, community groups, and organizations including consultation and educational materials; education on healthy eating and healthy weights to community groups through educational programs and resources; provision of healthy lifestyle workshops with a focus on cardiovascular health, assist communities in developing community based health promotion programs as an effective means of delivering health education.

Description of Resources: Access to a variety of print and visual resources.

Hearing Conservation
Parkland Regional Hearing Centre
Regional Audiologist
27 — 2nd Avenue S.W.,
Dauphin, Manitoba R7N 3E5
Phone: 638-9111
Hours: 8:30 a.m. — 4:30 p.m. Monday to Friday

Sub-Offices: Clinics held once per month at the Swan Valley Health Unit.

Goals and Objectives: To provide a comprehensive hearing conservation program to all age groups.

Description of Programs: Prevention of hearing problems; early identification of hearing loss in children to expedite rehabilitation before the hearing loss impacts on other hearing areas; diagnosis and rehabilitation of adult hearing loss; professional audiological services to assess hearing ability and advice regarding hearing aid use; education to promote all aspects of hearing conservation.

Description of Resources: Information on hearing — brochures.

Target population: Parkland residednts – primarily children.

Services to Seniors
Co-ordinator
707 — 3rd Street S.W.,
Dauphin, Manitoba R7N 1R8
Phone: 638-8785
Hours: 8:30 – 4:30 Monday to Friday

Goals and Objectives: To deliver health promotion services to the elderly population of Parkland Region.

Description of Program: Program intent is to mobilize communities to develop services for seniors including meal programs, escort services, and home maintenance programs through community councils or senior organizations.

Description of Resources: Funding for resource councils/senior centres and congregate meal programs, some printed materials and videos, films available from other agencies or departments.

Target Population: Parkland well seniors.

Fees for Service: Local councils may set fees for some services. The bulk of services will be provided by the voluntary sector free of charge.

Speech/Language Pathology
Speech Pathologist
27 – 2nd Avenue S.W.,
Dauphin, Manitoba R7N 3E5
Phone: 638-9111 Ext. 415
Hours: 8:30 a.m. – 4:30 p.m.

Goals and Objectives: Prevention, early identification and intervention of communication disorders in preschool and adult populations.

Description of Programs: Provides counselling and training for families of persons with communication disorders.

Target Population: Parkland residents – primarily children.

Legal Aid Manitoba
Area Director
19 Memorial Blvd.
Dauphin, Manitoba R7N 2A5
Phone: 638-8006
Hours: 8:30 a.m. – 4:30 p.m.

Goals and Objectives: To ensure that persons requiring legal services are able to obtain them without concern for costs.

Description of Programs: Legal counselling, representation and support to lower income people who are otherwise unable to afford those services.

Description of Resources: Legal services through qualified counsel.

Target population: Lower income earners — eligibility guidelines apply.

Fees for Service: For persons earning more than program guidelines.

Manitoba Labour — Apprenticeship & Training Division
Apprenticeship Counselor
27 – 2nd Avenue S.W.,
Dauphin, Manitoba R7N 3E5
Phone: 638-9111 Ext. 418
Hours: 8:30 a.m. – 4:30 p.m. Monday to Friday

Sub-Offices:
Winnipeg, Phone: 945-3337
Brandon, Phone: 726-6365
The Pas, Phone: 623-6411
Thompson, Phone: 778-4411

Goals and Objectives: To develop tradespeople in sufficient numbers to meet industry needs at the leading edge of technology capable of advancing as the changes in the marketplace occur.

Description of Programs: Utilize various training modes to ensure that all Manitobans have the opportunity to enter apprenticeship or other forms of skill training accreditation acceptable to industry; ensure that women, immigrants, natives, disabled and others have the opportunity to access skill training; ensure that the changing needs of industry are reflected in the design and delivery of training, maintenance of skills standards and the designation of occupations. Presentations to any interested group and individual counselling.

Description of Resources: Charts, brochures, women in construction (video), apprenticeship training (video)

Fees for Service: None

Agriculture Canada, Food Production & Inspection Branch
Dr. Kenneth P. Stipushyn, DVM
District Veterinarian
202 – 317 Main Street N.,
Dauphin, Manitoba R7N 1C5
Phone: 638-3322
Hours: 8:00 a.m. – 4:30 p.m.

Goals and Objectives: To enforce provisions of the Animal Disease and Protection Act and Regulations: Human Slaughter of Food Animals Act; Meat Inspection Act; Livestock & Livestock Products Act; Canadian Agricultural Products Standards Act.

Description of Programs: Meat inspection and grading at domestic abattoirs — public health/nutrition; collection of rabies specimens — public health; monitor and test import/export shipments; hatchery inspection program; disease surveillance programs.
Description of Resources: Printed pamphlets and posters are available to the public at no cost.

Target Population: In regards to meat inspection and public health, consumers as a whole; in regards to animal health, livestock owners.

Employment & Immigration Canada
Manager
135 – 2nd Avenue N.E.,
Dauphin, Manitoba
Phone: 638-3711
638-8818
Hours: 8:30 – 4:30

Sub-Offices:
Swan River, Post Office Building (Mon. – Fri., 8:30 – 4:30)
Roblin, (1st & 3rd Wednesday of each month, 1:00 – 3:15)

Goals and Objectives: Helping employers find suitable workers and job seekers find jobs. New and established programs are designed to meet this objective as well planning for the needs of tomorrow.

Description of Programs: Employment programs offer: counselling and referrals to jobs, training and work experience programs, occupational testing and job search assistance; provides financial assistance for training and mobility programs. Special programs are available to improve employability of natives, youth, women, the physically disabled, the mentally handicapped, immigrants and ex-offenders. Unemployment insurance provides temporary income support for members of labour force when earnings are interrupted by shortage or work, illness or maternity.
Description of Resources: Videos, pamphlets, resource library and career counselling material.

Target Population: Unemployed or under-employed persons, especially youth, natives, women, the disabled and members of visible minorities.

Fee for Service: None

Health & Welfare Canada
Medical Services
Nurse in Charge
317 Main Street N.
Dauphin, Manitoba R7N 1C5
Phone: 638-4729
Hours: 8:00 a.m. – 4:30 p.m. Mon. – Fri.

Sub-Offices: Community Health representatives Crane River Reserve, Ebb & Flow Reserve, Waterhen Reserve, Valley River Reserve. Monday to Friday, 10:00 a.m. to 3:00 p.m.

Goals and Objectives: To provide public health programs to clients living on reserves.

Description of Programs: Maternal/child health, chronic disease and geriatric care, diet and exercise programs. Promote non-smoking programs, encourage the development of mental health clinics.

Description of Resources: Resources used are usually obtained from the Federal or Provincial Government. We try to use culturally appropriate materials when available.

Target population: Native clients

Fees for Service: None

Veteran's Affairs Canada
Area Counselor
317 Main Street N., Room 100
Dauphin, Manitoba R7N 1C5
Phone: 638-9883
Hours: 8:30 – 4:30 p.m.

Sub-Offices: All towns within boundary of Saskatchewan to Westgate, Crane River, Ste. Rose (including McCreary) and Dauphin as required.

Goals and Objectives: Provide assistance to veterans and widows if eligible
Description of Programs: Veterans affairs provides financial assistance to veterans and their dependents in form of pensions, home maintenance and yard maintenance so that they live as independently as possible. This is based on health needs. We also provide for PCH per DIEM and personal care and support (if eligible)

Description of Resources: Pamphlets plus information seminars

Target Population: All qualifying veterans

Non-Profit/Private Agencies

Aveyron Services Inc.
Executive Director
Box 1282
Swan River, Manitoba R0L 1Z0
Phone: 734-9114
Hours: 9:00 – 5:00 p.m. Monday to Friday

Sub-Offices:
Bookkeeping, Phone: Elaine Blair – 734-3266 (9:00 – 5:00, Mon. – Fri.)
Valley Workshop, Phone: Janice Sokolowski – 734-4183 (9:00 – 5:00 Mon. – Fri.)

Goals and Objectives: To provide services to assist mentally handicapped to live and work as closely as possible within the "norm" of society.

Description or Programs: Within our residential settings a variety of other services are available.

Description of Resources: Videos and pamphlets.

Target Population: Mentally Handicapped Individuals.

Other services are available.

Boze's Bodyshop
David Bosiak, Manager
403 Main Street N.,
Dauphin, Manitoba R7N 1C7
Phone: 638-9604
Hours: Monday & Wednesday 9:00 – 9:00, Tuesday & Thursday 11:00 – 9:00
Friday 9:00 – 8:00, Saturday 11:00 – 3:00, Sunday 1:00 – 4:00

Goals and Objectives: To promote fitness and healthy lifestyles through regular exercise — group exercise classes and weight training (individual and group) programs

Description of Programs: Regularly scheduled aerobic exercise classes; specialty group exercise classes [men's only fitness, pre-fit (beginners), kids aerobics, kids weight training]; fitness testing; lifestyle counselling – individual fitness program development; injury rehabilitation. "Healthy Lifestyle" presentations and workshops (weight management, stress management …).

Description of Resources: Access to a variety of print materials, consultative services available to groups or individuals.

Target Population: Children 8 and over to seniors.

Fees for Services: Variable fees.

Canadian Cancer Society
Parkland District Manager
Box 873 22 – 1st Avenue N.E.,
Dauphin, Manitoba R7N 1A4
Phone: 638-8041
Hours: 9:00 – Noon, Monday to Friday

Sub-Offices:
Swan River, 518 Main Street E., (Tues. – Fri., 10:00 – 3:00 p.m.)

Goals and Objectives: The C.C.S. is a national community based organization of volunteers whose mission is the elimination of cancer and the enhancement of the quality of life of people living with cancer through fund raising, research, education,and influence on public policy.
Description of Programs: Diet and cancer educational package; lifestyles and taking control educational programs; skin cancer educational package; reach to recovery visitation service; cansurmount visitation service; wig service; patient transportation assistance; Lennox Bell Lodge "Home away from home" for rural cancer outpatients and their families. Volunteer drivers are available for cancer patients receiving treatment; a nominal fee is charged for this service.

Description of Resources: Print and audio visual material.

Target Population: Cancer patients, families, friends.

Other services are available.

Canadian Diabetes Association
Dauphin Branch
P.O. Box 896
Dauphin, Manitoba R7N 3J5
Phone: 638-9748
Hours: Monthly meetings

Sub-Offices: Phone calls are accepted at home anytime. Operating out of home.

Goals and Objectives: To improve the quality of life of Canadians affected by diabetes by being the leading force in research, service advocacy of education.

Description of Programs: 1. Research into causes, prevention, cure, management and understanding of diabetes. 2. To provide service to those affected by diabetes. 3. To increase awareness and influence positive changes in attitude about the seriousness of the disease. 4. Act as an advocacy for diabetic people.

Description of Resources: Videos, brochures, books, pamphlets, posters, workshops, member meetings.

Target Population: Persons with diabetes and family members.

Canadian Diabetes Association
President
Box 2293
Swan River, Manitoba R0L 1Z0
Phone: 734-3822 or 734-9494
Hours: Day, but also answering machine

Sub-Offices: CDA Branch includes people from entire Swan Valley (eg. Bowsman, Birch River, Benito, Minitonas, etc.). Maintain current file at Swan River Hospital.
Goals and Objectives: National Diabetes Association is responsible for research into causes and treatments of diabetes; education for CDA members, health professionals, and the general public; advocacy, encouragement, and services for all persons with diabetes; well-being for all diabetics and their families; local CDA responsible for activities (programs, camps); public awareness.

Description of Programs: Physical Health — promoting healthful lifestyle ideal for diabetics and everyone else. Education on maintaining good diabetic control to avoid complications. **Self Help/Support** — provide support for newly diagnosed diabetics in order for them to share/learn form each other, plus speak openly with health professionals. Are willing to one-to-one counsel if requested to do so.

Description of Resources: A. Physical Health Resources — pamphlets, VHS, films, up-to-date files, "kits". B. Self Help/Support — public or group meetings, contact with CDA consultants, etc. Four general education meetings held each year.

Target Population: Persons with diabetes and their family members.

Fees for Services: Some resources cost money, but most of our services are provided for free, in hopes of increasing awareness and membership involvement.

Other services are available.

Canadian Mental Health Association
Regional Community Worker — Alternatives Program
625 – 3rd Street S.W.,
Dauphin, Manitoba R7N 1R7
Phone: 638-3010 Ext. 101
Hours: 9:00 – 5:00 p.m. Monday to Friday

Sub-Offices: Swan Valley Branch, Chairperson, Phone: 547-2245

Goals and Objectives: Promotion of good mental health and promotion of quality of life for persons disabled by mental illness.

Description of Programs: Mental Health — Program development to suit the needs of the community i.e.: self help groups, lifeskills programs. Public education regarding mental health — displays, group presentations i.e.: overview of mental health, mental illness, assertiveness training.

Description of Resources: Videos, literature

Target Population: Parkland community

The Canadian Red Cross Society
Regional Manager
126 Main Street N.,
Dauphin, Manitoba R7N 1C2
Phone: 638-9207
Hours: 9:00 a.m. – 5:00 p.m. Monday to Friday

Goals and Objectives: To eliminate human suffering through programs designed to improve quality of living.

Description of Programs: First Aid Course — Adapted to specialty groups and/or public. CPR courses, health and safety courses for kindergarten to grade IX. Blood pressure screening, community registrations, swimming courses, water craft safety, blood donor clinics.

Description of Resources: Audio visual Aids, manuals, guest lecturers, instructors courses, pamphlets.

Target Population: All age groups

Fees for Services: A number of programs are offered free of charge. First aid and CPR fees depend on type of course.

Other services are available.

Handi-Van

Dauphin:	638-8884
Minitonas:	dial '0', ask for VJ59746
Roblin:	937-8276
Swan River:	734-4403
Winnipegosis:	656-4834

Goals and Objectives: To provide transportation services for mobility disadvantaged persons in rural Manitoba.

Description of Programs: Transportation within prescribed boundaries for persons meeting program eligibility requirements.

Target population: Mobility disadvantaged persons.

Fees for Service: Variable — on a cost recovery basis.

Heart and Stroke Foundation of Manitoba
Rick Zaplitny, Chairman
27 Aster Bay
Dauphin, Manitoba R7N 2Y9
Phone: 638-6919 or 638-3543
Hours: 8:00 a.m. – 5:00 p.m.

Goals and Objectives: Fund raising for heart research. Public education regarding lifestyle and risk factors related to cardiovascular diseases.

Description of Programs: Physical Health — Blood pressure clinics, public education; mental health-patient support through literature; nutrition: dietary cookbooks and pamphlets available. **Recreation/Leisure** — Support, i.e. cardiovascular exercise. **Self-Help Support** — Involvement in other groups, i.e. C.P.R., Stroke Club, etc.

Description of Resources: Mostly printed material and resource people available from Winnipeg.

Target Population: Town and R.M. of Dauphin — Dauphin Chapter

Fee for Services: Direct travel costs only.

Manitoba Lung Association
Co-ordinator
42 McTavish Avenue E.,
Brandon, Manitoba R7A 2B2
Phone: 725-4230
Hours: 9:00 – 4:30 p.m. Monday to Friday

Goals and Objectives: To prevent lung disease and promote good health.

Description of Programs: Physical Health — 1. Asthma care training for kids: an education program for families affected by asthma. Goal is to help children cope with the disease and become a better manager of their disease. 2. Living with lung disease: A program for families affected by C.O.L.D. Aim is to improve their ability to live with a chronic lung disease. **Self-Help**: Easy breathers — a support group for individuals affected by chronic lung disease.

Description of Resources: We have several self-help smoking cessation programs, various pamphlets related to lung health (i.e. farmer's lung, pneumonia, asthma), resources for teachers, students and health professionals.

Target Population: Community, schools, workplaces, those affected by lung diseases.

Fees for Service: We charge nominal amounts for our quit-smoking programs to cover costs of materials (cost for various programs range from $5.00 to $50.00)

Lee's Gym
Manager
Box 2142
Swan River, Manitoba R0L 1Z0
Phone: 734-4231
Hours: 12:00 – 9:00 p.m. Monday to Friday
10:00 – 4:30 p.m. Saturday

Goals and Objectives: Promote fitness to the general population.

Description of Programs: Activity and weight management programs, weight training, social dance courses, Tae Kwon-Do, fitness level appraisals.

Target Population: Ten years old and over.

Fees for Service: Variable.

Parkland Crisis Centre
Executive Director
31 – 1st Avenue S.W.,
Dauphin, Manitoba R7N 1R9
Phone: 638-8707
Hours: 9:00 – 5:00 p.m. Monday to Friday

Sub-Office: Swan River – 734-9368

Goals and Objectives: Help victims of family violence.

Description of Programs: In-office counselling, advocacy, continuing support, referrals, have general information regarding mental health, abuse.

Description of Resources: Print resources available.

Target Population: Abused women of all ages and their children

Fees for Service: Nil

Parkland Wellness Promotion Network
Box 455
Dauphin, Manitoba R7N 2V3

Goals and Objectives: To promote the concept of wellness throughout the Parkland region. To promote wellness services that are available. To encourage networking and exchange of information amongst organizations, agencies and individuals that promote wellness.

Description of Programs: Education Committee plans an annual regional workshop to promote the concept of wellness. Luncheon Committee organizes monthly luncheons for information exchange and networking. Publicity/Promotion Committee developed the Wellness Resources Handbook and updates it as the need is identified. Healthy Communities Committee promotes and supports the Manitoba Healthy Communities concept throughout the region.

Target population: Parkland Region

Fees for Service: For workshops — on a cost recovery basis

Society for Manitobans with Disabilities Inc.
Rehabilitation Counselor
27 – 2nd Avenue S.W.,
Dauphin, Manitoba R7N 3E5
Phone: 638-9215
Hours: 8:30 – 4:30 Monday to Friday. Please leave message on answering machine if staff is unavailable.

Sub-Offices: There is no sub-office, however counselor travels throughout entire region.

Goals and Objectives: to ensure that necessary services are made available to individuals in Manitoba who have a physical disability.

Description of Programs: Service to preschoolers and school age children includes medical assessment, treatment and follow-up, psychological assessment, planning of appropriate educational programs and family counselling. S.M.D. also operates Lakeside Camp in Gimli which is a wheelchair accessible camp for children and teens. Services available to adults include counselling, vocational assessment and training, psychological testing, employment counselling and job placement where possible. Funding to post-secondary educational facilities and training on the job subsidies are available to eligible individuals.

S.M.D. administers the Manitoba Health Commission wheelchair services. Through this program, mobility aids in the form of wheelchairs, canes and crutches are provided to individuals with physical disabilities who live independently in their community. A doctor's authorization is required. It is a permanent loan and there is no fee for equipment or annual maintenance and repairs to the equipment.

Description of Resources: Information service is provided as requested in the form of public education to clients, collaterals, schools and the community at large. This service is to respond to inquiries regarding social, medical and economic concerns to the physically disabled. As well, disabled persons parking placards are issued from the Parkland office of S.M.D. Easter Seals, Ability Fund and United Way are part of our funding structure.

Target Population: Manitobans with a permanent physical disability

Fees for Service: None

We Care Health Services
Director
#2 – 126 Main Street N.,
Dauphin, Manitoba R7N 1C2
Phone: 638-3133
Hours: Flexible — answering machine always available

Goals and Objectives: Client — dictated health care and home cleaning.

Description of Programs: Provision of all levels of nursing care, homemakers, patient sitters, orderlies, home cleaners and commercial cleaning.

Description of Resources: pamphlets

Target Population: Any age

Fees for Service: Yes, some coverage available from insurance policies, eg. Blue Cross

Other services available.

Community Service Providers

Assiniboine Community College — Parkland Campus
Chairperson Parkland Campus
520 Whitmore E.,
Box 4000,
Dauphin, Manitoba R7N 2V5
Phone: 638-4908
Hours: 8:00 – 5:00 p.m.

Goals and Objectives: to provide post-secondary career and continuing education or training to residents of the Parkland region.

Description of Programs: Parkland campus offers a wide variety of courses that meet personal as well as business objectives. Courses range from infant C.P.R. to motor vehicle mechanics, from computer literacy to french and spanish.

Description of Resources: Our resources reside mainly in the people we hire to teach our courses.

Target Population: Adult Parkland residents.

Fees for Service: Fee structures vary depending on the following three categories: (1) full time day courses, (2) evening and continuing education courses, (3) custom designed training.

Other services are available.

Community Meal Programs
Parkland Region

Regional Location	Contact	Meal Site
Dauphin	638-9733	Dauphin Multipurpose Senior Ctr.
Ethelbert	742-3240/3250	Sunnyside Lodge
McCreary	835-2552/2073	Mountainview Lodge
Roblin	937-8276	Maple Manor
Rorketon	732-2302	Rorketon Drop-In Centre
Ste. Rose	447-2388	Leisure Apts.
Swan River	734-3945	Rainbow Lodge/Fairhaven Manor

Goals and Objectives: To provide nutritious meals for seniors and handicapped persons. To fulfill social needs by bringing people together, eliminating the loneliness often associated with eating alone.

Description of Programs: Full course, balanced meals prepared in a central location made available to all seniors in the communities.

Fees for Service: Variable — only to cover actual food costs.

Council for a Tobacco Free Manitoba
Parkland Chapter
Health Educator
707 – 3rd Street. S.W.,
Dauphin, Manitoba R7N 1R6
Phone: 638-8785
Hours: 8:15 – 4:30 p.m.

Goals and Objectives: To increase public awareness about the hazards of tobacco use. To promote the development of smoke-free spaces, to be a resource to the region; to network with individuals and agencies that are interested in smoking and health issues.

Description of Programs: This group plans and coordinates national non-smoking week in the Parkland region. We provide information on regional resources and can assist groups, worksites and public facilities become smoke-free.

Description of Resources: Access to a variety of resources pertaining to tobacco and health — pamphlets, videos, films posters.

Target Population: Children – adults

Fees for Service: Nil

Creative Retirement Manitoba – Parkland
Program Co-ordinator
55 – 1st Avenue, S.E.,
Dauphin, Manitoba R7N 2A2

Goals and Objectives: To offer older adults the opportunity, through a variety of innovative learning experiences, to live creatively, to grow and to share their knowledge, skills and attitudes with their peers. It seeks also to encourage people of all ages to prepare for a creative lifestyle in retirement and to raise society's awareness of the worth and potential of older people.

Description of Programs: Creative Retirement offers two broad categories:

- Learning Program for Seniors — Courses, workshops, lectures; Homebound Learning; Training of Volunteers and Staff; Health Promotion
- Community Programs for all Ages — Pre-retirement, Advocacy...

Description of Resources: Access to a variety of audio, visual and print materials.

Target Population: Primarily Seniors

Fees for Service: Variable

Dauphin & District Community Resource Council
Co-ordinator
55 – 1st Avenue S.E.,
Dauphin, Manitoba R7N 2A2
Phone: 638-9733
Hours: 8:30 – 4:30 Also answering machine

Goals and Objectives: Maintain happy, healthy, independent lives for seniors (outside of hospitals and nursing homes)

Description of Programs: Physical Health — exercise program. Mental Health — friendly visiting, daily hello, library service. Nutrition — congregate meal program. Recreation — annual seniors picnic, day bus trips, tournaments. Self-Help Support — student summer program: lawns, gardens, painting, odd jobs, snow shovelling, housecleaning service, transportation to shop, doctor or lab appointments. Lifeline — emergency response system.

Description of Resources: Dauphin and district resource council pamphlets, lifeline pamphlets and videos.

Target Population: Seniors and handicapped.

Fees for Service: Fees for some programs

Dauphin Friendship Centre Inc.
Executive Director
210 – 1st Avenue, N.E.,
Dauphin, Manitoba R7N 1A7
Phone: 638-3052
Hours: 8:30 – 4:30 Mon. – Fri., 7:00 – 10:00 p.m. Mon. – Thur.

Goals and Objectives: To assist Native people in adjusting from reserve or isolated lifestyles to an urban one. To provide activities and programs that promote an understanding between Native and non-Native.

Description of Programs: Recreation/Leisure — evening activities, special events. Self-Help Support — counselling and referral, employment counselling/referral, alcohol counselling/referral, life skills.

Description of Resources: speakers, counselors, recreation directors.

Target Population: Primary Native. Secondary — Dauphin area residents.

Other services are available.

Dauphin General Hospital
Director of Dietetics
625 – 3rd Street S.W.,
Dauphin, Manitoba R7N 1R7
Phone: 638-3010 Ext. 105
Hours: 8:00 a.m. – 4:00 p.m.

Sub-Offices: Roblin, Gilbert Plains, Grandview, Winnipegosis, McCreary – Consulting Dietitian.

Goals and Objectives: To promote good eating habits/health. To correct/change diet to improve or correct wellness of individual.

Description of Programs: Nutrition — Diet — Improve health/wellness and/or treat disease process. Good eating to prevent or delay disease processes.

Description of Resources: Pamphlets, recipes, diet sheets.

Target Population: All ages.

Frontier School Division #48
Superintendent
121 – 1st Street S.W.,
Dauphin, Manitoba R7N 1M9
Phone: 638-6839
Hours: 8:30 – 4:30 p.m.

Goals and Objectives: To provide high quality public education to the residents living within school division boundaries.

Description of Programs: Facilities provided in all schools for handicapped. Health curriculum taught K - 9. Health/nutrition advisors work out of schools — emphasis on health, nutrition, gardening. Provincial dental health program for qualifying school age children. Programs offered after school to community members — recreational, educational, mental health. Mental health seminars in communities where required. child developmental and day care services offered to families. Guidance and career counselling offered. Large number of adult training programs offered. Psychological, speech and therapy services offered to al children in need.

Target Population: Students, adults, pre-school age children.

Indian Cultural Education Program
West Region Tribal Council
Cultural Advisor/Researcher
21 – 4th Avenue N.W.,
Dauphin, Manitoba R7N 1H9
Phone: 638-8225
Hours: 8:30 a.m. – 4:30 p.m.

Goals and Objectives: To promote cross-cultural awareness between Native and non-Native people

Description of Programs: Cultural Education of Indian People — pride in culture, language, and heritage. Mental Health — traditional values used in modern day. Nutrition — traditional foods & preservation, preparation. Physical Health — traditional medicines from the earth. Recreation/Leisure — learning traditional crafts, dances, survival skills. Self-Help Support — workshops, conferences, presentations, counselling.

Description of Resources: Proposal development for community groups, elders, community groups, crafts people, professionals.

Target Population: Eight W.R.T.C., members bands, and general public.

Other services available.

Meals on Wheels
Parkland Region

Regional Location	Contact	Meal Site
Dauphin	638-3010	Dauphin General Hospital
Ethelbert	742-3343	Sunnyside Lodge
Gilbert Plains	548-2161	Gilbert Plains District Hospital
Grandview	546-2769	Grandview Personal Care Home
Roblin	937-2142	Roblin District Health Centre
Ste. Rose	447-2131	Ste. Rose General Hospital
Swan River	734-3441	Swan River Valley Hospital

Goals and Objectives: To improve the nutritional status of the recipients. Recipients are referred through hospital, physicians, family service agencies, friends or themselves.

Description of Programs: Delivery of prepared meals, by volunteers, to any person who may benefit (persons whose physical, emotional, mental or social conditions handicap their ability to obtain or prepare meals for themselves).

Fees for Service: Variable.

Parkland Alcohol and Drug Action Committee (PADAC)
Chairperson
Box 226
Dauphin, Manitoba R7N 2V1
Phone: 638-8110

Goals and Objectives: To raise community awareness about drug and alcohol issues affecting them.

Description of Programs: Physical and mental health as well as supporting self-help groups.

Target Population: Parkland residents

Fees for Services: None

Parkland Human Resources Opportunity Centre
Operation Manager
P.O. Box 569
431 Buchannon Avenue W.,
Dauphin, Manitoba R7N 2V3
Phone: 638-6234
Hours: 8:30 – 4:30 Monday to Friday

Sub-Office: Swan River – 734-3491

Goals and Objectives: Preparation for employment/training for those individuals who are in need or likely to become in need of social assistance.

Description of Programs: The centre integrates human development programs and realistic work base settings to help program participants achieve goals. Example — employment, upgrading and specific vocational training. Human development programs include life skills, employment readiness and drive education.

Description of Resources: Pamphlets, instructional aids, staff and programs.

Target population: Individuals in the Parkland region who have difficulty in finding or holding employment.

Other services available.

Parkland Sport Council
Executive Director
27 – 2nd Avenue S.W.,
Dauphin, Manitoba R7N 3E5
Phone: 638-9111 Ext. 276
Hours: 8:30 a.m. – 4:30 p.m. Monday to Friday

Goals and Objectives: To develop, maintain and promote the growth of amateur sport in the Parkland region.

Description of Programs: Sport — Coach/official, athlete development, **Community Development** — Clinics, competition, special events, **Regional** — Regional sport associations, sport funding programs, consulting services.

Description of Resources: Parkland sport newsletter

Target population: All sport enthusiasts.

Dauphin Parks and Recreation
Director
Box 195
Dauphin, Manitoba R7N 2V1
Phone: 638-5350
Hours: 8:00 a.m. – 6:00 p.m.

Goals and Objectives: Provide a total comprehensive parks and recreation program for the citizens of the community.

Description of Programs: Programs vary from year to year due to demand. For a comprehensive list of recreation, wellness or other programs call the recreation director. If you are interested in starting a program in the community the recreation director will assist.

Description of Resources: Municipal government, provincial/federal volunteer organizations, senior organizations.

Target population: Town of Dauphin

Fees for Service: Fees for programs vary.

Intermountain Recreation District
Recreation Director
Box 400
Gilbert Plains, Manitoba R0L 0X0
Phone: 548-2063
Hours: 8:30 a.m. – 5:00 p.m. Monday to Friday

Sub-Offices:
Grandview, Phone: 546-2454, (Monday mornings, Wednesdays and Fridays)
Gilbert, (Monday afternoons, Tuesdays and Thursdays).

Goals and Objectives: To provide recreational activities to the population of the recreation district.

Description of Programs: Fitness classes, T.O.P.S. programs and nutrition workshops upon request. Recreation and Leisure Program — Sport programs to theatre exposure.

Target population: All groups, organizations and individuals.

Fees for Service: Fees for programs vary

McCreary Recreation Committee
Recreation Director
Box 341
McCreary, Manitoba R0J 1B0
Phone: 835-2341

Goals and Objectives: To provide recreational services and assist with program development to fulfill the expressed needs of the community.

Description of Programs: The recreation director will assist with co-ordinating sport, cultural programs identified by the director or community groups. Contact the recreation director for specialized workshops in areas such as volunteer board development, fund raising, officiating etc.

Target population: All age groups interests

Fees for Service: No service fee. Programs may have registration fees.

Roblin Shell River Recreation District
Recreation Director
Box 260
Roblin, Manitoba R0L 1P0
Phone: 937-4359
Hours: 9:00 a.m. – 5:00 p.m. Monday to Friday

Goals and Objectives: To promote recreation of all kinds in the region, and to operate the community pool and arena.

Description of Programs: Recreation hockey, public skating, ball hockey, tennis, flag football, slowpitch, minor ball, T-ball, fitness classes, dance classes, basketball, volleyball, public swim. Workshops regarding stress, smoking, alcohol abuse are organized upon request.

Target population: All age groups.

Fees for Service: Fees for programs vary.

Rossburn Silver Creek Recreation District
Recreation Director
Box 448
Rossburn, Manitoba R0J 1V0
Phone: 859-2627
Hours: 9:00 a.m. – 5:00 p.m.

Sub-Offices:
Rossburn office (Mon., Wed., & Fri.)
Angusville office, Phone: 773-2189, (Tues., Thurs.)

Goals and Objectives: To provide equal opportunities for the citizens of the district to partake in a variety of cultural, recreational and social activities.

Description of Programs: Co-ed fitness classes, walking club, senior low impact exercises, first aid course, Red Cross small craft safety, fitness week, senior olympics, broomball, hockey, baseball, softball, curling, X-country skiing, golf, gymnastics, playground programs, sports nights, board sailing clinic, golf skills clinic, coaches clinics. A variety of clinics upon request depending on interest level.

Description of Resources: A variety of resource material is available and if not can be accessed in a short amount of time.

Target population: The Rossburn Silver Creek district

Fees for Service: Fees for programs vary.

Russell-Binscarth Recreation District
Recreation Director
Box 667
Russell, Manitoba R0J 1W0
Phone: 773-2812
Hours: 9:00 a.m. – 5:00 p.m. Monday to Friday

Sub-Offices: R.M. of Russell, Village of Binscarth

Goals and Objectives: To help promote recreation in the district.

Description of Programs: Aerobics, adult programs (badminton, basketbball, etc.), minor sports (hockey, baseball, figure skating etc.); youth club (4-H, cubs, brownies, horse club); seniors programs (drop-in centres); library and museums, T.O.P.S.; school sports.

Description of Resources: Access to a variety of videos, posters and manuals regarding sport, fitness and cultural activities.

Target population: Entire population of recreation district.

Fees for Service: Fees for programs vary.

Swan River Benito Recreation District
Recreation Director
Box 1356
Swan River, Manitoba R0L 1Z0
Phone: 734-3847
Hours: 8:30 a.m. – 4:30 p.m. Monday to Friday

Sub-Offices:
Benito Village office (1:30 – 4:00p.m., Thursday afternoons)

Goals and Objectives: To provide and assist groups in providing leisure opportunities for all. To assist as a consultant re: fund raising, program development.

Description of Programs: 1. sport programs (coaching clinics, athletes clinics, events, leagues). 2. Special events (aquacizes, nutrition and you). 3. Arts & crafts.

Target population: Swan River-Benito residents.

Fees for Service: Fees for programs vary.

Turtle River Recreation District
Recreation Director
Box 233
Ste. Rose, Manitoba R0L 1S0
Phone: 447-2154
Hours: 8:30 – 4:30 p.m. Monday to Friday

Goals and Objectives: Maximize the awareness and use of recreation services and financial resources; establish self sufficient recreation organization; ensure that recreation organizations continue to run effectively and efficiently; develop specific recreation programs; allocate and administer recreation funds; develop contact list.

Description of Programs: Nutrition education workshops, Canada Fitweek activities, quit smoking programs, sport activities, community 'keep it clean' programs.

Target population: Children to seniors

Other services are available.

Roblin and District Community Help Centre
Co-ordinator
Box 1417
Roblin, Manitoba R0L 1P0
Phone: 937-2142
Hours: 10:00 – 4:00 p.m. Monday, Wednesday, Friday

Goals and Objectives: Support to seniors to help them maintain an independent life style; to remain in their own homes, to provide basic living services.

Description of Programs: Nutrition — meals-on-wheels, congregate meal program at Maple Manor, self-help — handivan, lifeline emergency response system, volunteer network for friendly visiting, telephone friend, escort, transportation. Contact for house cleaning and yard maintenance services. (Fee charged by provider).

Target population: Roblin & district seniors

Fees for Service: Meal program, handivan, and lifeline.

Swan River Indian & Metis Friendship Centre
Margaret Spence — Assistant Executive Director
723 Main Street E.,
Box 1448
Swan River, Manitoba R0L 1Z0
Phone: 734-9301

Goals and Objectives: To promote continuous public relations aimed at creating and developing mutual understanding and improved relations between people of Indian descent and others. To work in harmony with government bodies and take an active part in communities where they reside. To co-ordinate the efforts and encourage the effective use of the resources of the various organizations of Swan River that are concerned with inter-racial relations. To acquire, develop and provide such physical and other facilities as may be required to meet the needs of the people of Indian and Metis ancestry and provide such programs as may arise out of and are aimed at satisfying the needs and expressed social, educational, recreation and cultural needs of these people. To establish and develop community leadership and to associate and co-operate with other groups in matters of public interest and general community betterment. To provide counselling and referral services.

Description of Programs: Recreational — Sports activities, library, lunch program, bingo, ceramics, square dancing. Self-Help Support — Outreach — assists clients in our surrounding area in preparation of proposals for funding, special area, career counselling, employment, etc., housing, income tax returns.

Target population: Native and low income families

Fees for Service: None

Swan River Life Skills Project Inc.
Manager
Box 1330 or 217 – 6th Avenue S.,
Swan River, Manitoba R0L 1Z0
Phone: 734-9391
Hours: 8:00 a.m. – 4:00 p.m.

Goals and Objectives: to enable severely employment disadvantaged, long term, jobless individuals to progress to a state of employment readiness. To increase the number of well-balanced, self-determined individuals in this community.

Description of Programs: Physical Health — Include exercise time of approximately 2 hours per week during the life skills course, as well as promoting supporting and teaching about stopping smoking and dieting or weight control. Mental Health — Include lessons on controlling stress, personal problem solving and various methods of identifying support groups. Nutrition — Workshop each term and provide information and counselling toward better diet and improved health. Recreation/Leisure — Encourage constructive use of leisure time and participation in amateur sport. Self-help support methods are employed extensively throughout the course.

Description of Resources: Weight control support group, video tapes, materials on stress control, home economist facilitates workshops, workshops conducted by local professionals regarding alcohol/drug abuse, family violence, reproductive health, suicide and legal awareness.

Target population: Economically disadvantaged adults who have the potential, with human development training, to become self sufficient.

Fees for Service: Quotations are provided upon request.

Swan River Valley Hospital (Versa Services)
Director of Dietetics
Box 1450
Swan River, Manitoba R0L 1Z0
Phone: 734-3441
Hours: 9:00 a.m. – 5:00 p.m.

Goals and Objectives: To provide nutrition intervention and/or support to improve the management of various nutrition related disease conditions.

Description of Programs: Nutrition — Outpatients are seen only with a physicians referral . Individualized counselling is done by a dietitian on diets for diabetes, weight reduction, restricted sodium, lipid lowering, etc. with monthly follow-up or as required. Accurate records are kept.

Description of Resources: Pamphlets, Health and Welfare Canada, Canadian Diabetes Association, Manitoba Health Promotion, Canadian Cancer Society; reference sheets for various diets — Saskatchewan diet manual. Names and illustrations of cookbooks available for diabetes, heart disease, allergies. Food models used in taking accurate diet histories and teaching portion sizes. Product information provided for various diets.

Target population: Patients in the area served by S.R.V.H. (Benito, Bowsman, Birch River, Minitonas, Mafeking, Pine River, Swan River, Pelican Rapids)

West Region Child and Family Services, Inc.
Executive Co-ordinator
38 – 1st Avenue N.W.,
Dauphin, Manitoba R7N 1G7
Phone: 638-6941
Hours: 8:30 a.m. – 4:30 p.m. plus 24 hour answering service

Sub-Offices:
Winnipeg, 911 – 213 Notre Dame Avenue
Crane River, Ebb & Flow, Gambler, Keeseekoowenin, Pine Creek, Rolling River, Valley River, Waterhen, Waywayseecappo.

Goals and Objectives: As a mandated first nations child and family services agency, the mission objective is the protection of children. The general goals are: (1) to deliver a community-based, culturally appropriate child and family service program to the nine member bands, (2) to attempt to keep children within their home communities while still ensuring that the children's best interests are being met and (3) to provide family support services with a view to keeping families together.

Description of Programs:

Community Development Programs: The child and family services program networks with other programs in existence which deliver services within and to the communities, i.e. the Social Services Program, the Native Alcohol and Drug Abuse Program, the Native Health Program, the Dauphin Health Unit and the Recreation Program.

There are three day care centres in operation as follows: the Waywayseecappo Day Care Centre, the Ebb and Flow Day Care Centre and the Waterhen Day Care.

The family support services included the hiring of parent aides, homemakers and special support workers. The foster home and adoption home development is ongoing and responds to the needs of children requiring placement. Training and support is offered to foster parents on an ongoing basis.

Community Education Program: The Community Education Program is planned in response to the identified training needs by community members. The program includes cultural awareness workshops, parenting courses, sexual awareness workshops, personal growth and development courses. Courses on communication, public speaking, foster parent and child and family service committee training, legalities and reporting procedures with respect to child abuse, fund raising for prevention programs.

Self-Help Support Groups: This program includes the single parent group, the youth group, the foster parent support group, and the family support group.

Recreational/Leisure Programs: This program includes youth groups, the transportation of children to various activities, i.e. brownies, girl guides and cadets, summer camps, ongoing summer activities for students, square dance groups, broomball tournaments, hockey teams, summer swimming programs, leather and beadwork classes, bi-weekly film nights for children, slow pitch league, pow wow club, gym nights at the school, student field trips made possible as a result of fund raising in the communities.

Outreach Program: Is to provide mandatory and support services to band members who reside off-reserve. The workers liaise with the child caring agency having jurisdiction.

Target population: Includes Native children and their families who are registered to and affiliated with the West Region Child and Family Services Member Bands.

Fees for Service: Nil

Self-Help Support Groups

Adult Children of Alcoholics
A.F.M.
32 – 1st Avenue N.W.,
Dauphin, Manitoba R7N 1G7
Phone: 638-3523 or 638-4898

Sub-Offices: Meetings held Mondays 7:30 p.m. Dauphin First United Church, 37 – 3rd Street N.W., Dauphin.

Goals and Objectives: ACOA is an anonymous fellowship of men and women from alcoholic or otherwise disfunctioned families who wish to heal themselves by becoming aware of self-destructive patterns through sharing their experience, strength and hopes with each other.

Description of Programs: Self-Help Support — Examine how our lives are currently being affected by our earlier childhood experiences and to rid ourselves of unhealthy coping mechanisms developed as children which are not useful as adults.

Description of Resources: Bibliography of reading materials, videos etc. Sharing of members resources.

Target population: Adult children of alcoholic (or otherwise disfunctional families)

Fees for Service: Voluntary contributions.

Community Stress Committee
P.O. Box 398
Dauphin, Manitoba R7N 2V2
Phone: 638-9337

Goals and Objectives: To make everyone aware of the widespread stress in our society, originally focused on agriculture, later modified to include everyone, especially those experiencing stress through family relationships. Focus may change.

Description of Programs: Mental Health — engage an internationally known psychologist to conduct a stress seminar. Everyone is welcome, for the cost of the lunch offered.

Target population: Dauphin and district residents.

Fees for Service: Minimal

Dauphin Alzheimer Family Support Group
Bridget Cook, Co-ordinator
R.R. #4
Dauphin, Manitoba R7N 2T7
Phone: 638-5504 or 638-6547

Goals and Objectives: Provide family support, educate the public, encourage research, advocate for the alzheimer's victim.

Description of Programs: Our support group meets monthly at the Dauphin personal care home.

Description of Resources: Audiovisual tapes, pamphlets and information can be obtained from the Winnipeg office.

Target population: Victims and family members

Fees for Service: Encourage Manitoba membership in the Alzheimers Society.

Dauphin and District Ministerial Association
Chairman
Box 490
Dauphin, Manitoba R7N 2V3
Phone: 638-4355 or 638-3164
Hours: Varied

Sub Offices: Other contact: Dave Dean, Salvation Army 38 – 2nd Avenue N.E., Dauphin, Phone: 638-3764.

Goals and Objectives: Co-ordinating religious services, counselling, promote spiritual health of the community.

Description of Programs: Provide as described above. Members do have in-house self-help groups, hospital and pastoral care.

Target population: Dauphin & District.

Other services available.

Dauphin & District Stroke Club
C/O Ann Ward
27 Davidson West
Dauphin, Manitoba R7N 0C7
Phone: 638-4727

Sub-Offices: Stroke Club meets the first Wednesday of each month 2:00 – 4:00 p.m. at the Personal Care Home from October to June.

Goals and Objectives: To encourage the stroke survivor to be active out in the public; to assist spouses of stroke survivors to adapt to the new roles they will play; to assist in educating the public about stroke; to unite stroke survivors for the purpose of aiding one another.

Description of Programs: Self-Help Support — Programs at various meetings emphasize topics such as physical well-being; exercises; education (of self and others); some leisure and recreation; entertainment, goal is to encourage stroke survivors to live life as fully as possible following a stroke.

Description of Resources: Speech therapy is provided to **selected** members before and after the meetings.

Target population: All stroke survivors and family members and/or concerned/interested friends.

Le Leche League of Dauphin
Brenda Mitchel, Volunteer Leader
343 Dunfield Avenue
Dauphin, Manitoba R7N 2Y1
Phone: 638-7151 or Sharon Fee at 638-8437

Goals and Objectives: Providing necessary resources, information and support to assist mothers to breastfeed their babies.

Description of Programs: Monthly meetings on a variety of topics involving breastfeeding and printing. Available for telephone consultation, hospital visits, speaking at prenatal classes. We believe the parents involved gain support from the entire group as well as the most recent information on breastfeeding.

Description of Resources: Have leaflets available containing information on many parenting topics and also a library available for members to borrow from.

Target population: Pregnant and breastfeeding women.

Fees for Service: Voluntary membership of $25.00 per year.

Parents Supporting Parents
Clarence Lazaruk, Chairperson
Inglis, Manitoba R0J 0X0
Phone: 564-2486
Hours: Meet on last Friday of each month.

Sub-Offices: Marilyn Maartense, contact person for Dauphin, 1 – 311 Kirby Avenue West, R7N 0G6, Phone: 638-5979.

Goals and Objectives: To provide support to parents of special needs children to enable them to adjust more quickly; to provide information on specific services and programs available.

Description of Programs: Self-help support — to meet parents needs.

Target population: Parents of special children.

Parents Together
Marilyn Maartense, Chairperson
1 – 311 Kirby Avenue W.
Dauphin, Manitoba R7N 0G6
Phone: 638-5979
Hours: Meet on last Monday of each month.

Goals and Objectives: To provide support to parents of special needs children to enable them to adjust more quickly; to provide information on specific services and programs available.

Description of Programs: Self-help support — to meet parent needs.
Target population: Parents of special needs children.

Parkland Fitness Leaders Association
C/O Maggie Campbell
707 – 3rd Street S.W.,
Dauphin, Manitoba R7N 1R8
Phone: 638-8785
Hours: 8:15 – 4:15 p.m.

Goals and Objectives: To provide networking opportunities for accredited fitness leaders in the region. To organize educational events for accredited fitness leaders and other interested persons. To promote the accreditation of fitness leaders in the region. To represent Parkland fitness leaders at Manitoba Fitness Leadership Development Association.

Description of Programs: This is a "self-help" group that attempts to meet the identified needs of its membership. Continuing education workshops presently include: Walkercize, nutritious way to fitness, exercise to music, strength training, basic fitness leadership and exercise analysis.

Description of Resources: Access to print and video resources dealing with nutrition, exercise, tobacco use and cardio-vascular health.

Target population: Fitness leaders, P.E. teachers, coaches.

Fees for Service: Variable.

Other services are available.

Parkland Status of Women
Rae Tigg, Staff Person
P.O. Box 23
Dauphin, Manitoba R7N 2T9
Phone: 638-3599
Hours: 9:00 – 12:00 Mondays, Tuesdays, Wednesdays

Goals and Objectives: Promotion of the status of women in all areas. Support other groups such as day care and the crisis centre.

Description of Programs: Promotion of family life education in schools. Organization of workshops regarding women and health. Workshop in stress and relaxation. Gathering information on midwifery. Promotion of a good image of women in the media.

Description of Resources: We use resources from Manitoba Health and Manitoba Action committee on the Status of Women.

Target population: Everyone.

Self-Help Group
Parkland Self-Help Group
#9 – 120 Main Street N.,
Dauphin, Manitoba R7N 1C2
Phone: 638-7105

Goals and Objectives: To provide an environment of mutual support for people with some health care problems.

Description of Programs: Business meeting, recreational or mutual support meeting. Advocate conversation and sharing of group members experiences.

Description of Resources: Experiences of members of the group, speakers

Target population: Anyone with a problem

Fees for Service: Donations.

Stop Steering Committee
Students Triumph Over Problems (STOP)
Carol Hunter, Probation Officer
Box 997
Swan River, Manitoba R0L 1Z0
Phone: 734-9356
Hours: Program operates every Tuesday at Swan River Life Skills building from 4:30 – 6:00 p.m.

Goals and Objectives: To provide an environment where participants can increase their knowledge of issues concerning youth and increase self confidence.

Description of Programs: The STOP program is designed as a self-help awareness group for young people ages 12 – 16. Two facilitators are involved to discuss and deal with issues relating to self-esteem, family relationships, drug and alcohol abuse, sex education, cultural awareness, etc.

Description of Resources: Group use resources available by social agencies in community i.e. public health (films and speakers) AFM (films and speakers), ministers (death and dying), R.C.M.P., schools etc. Steering committee offers support and direction and administer funds.

Target population: Adolescents – age 12 – 16

Suicide Action Committee
Chairperson
Box 651
Dauphin, Manitoba R7N 3B3

Goals and Objectives: Promote good mental health; raise public awareness of suicide; initiate support to bereaved.

Description of Programs: Loss — support program for surviving family members of a suicide. Suicide prevention workshops held occasionally.

Description of Resources: Literature for surviving family and friends of a suicide and for community members.

Target population: Community

TOPS (Take Off Pounds Sensibly)
Esther Beaulieu, Leader
26 – 7th Avenue S.E.,
Dauphin, Manitoba R7N 2C1
Phone: 638-8806
Hours: One and a half hours per week

Goals and Objectives: To offer information and support regarding sensible weight loss.

Description of Programs: The purposes for which TOPS club inc. is organized are educational, scientific and charitable. These purposes include the following: to control and correct weight imbalance and to study its underlying causes; to improve knowledge of the causes of, and means for the correction of individual overweight; and to promote knowledge of and means for the information of social environment conductive to the control of harmful weight fluctuations in individuals.

Fees for Service: $20.00 per year plus small chapter dues.

TOPS #3612 M.B.
Chapter Leader
Box 302
Grandview, Manitoba R0L 0Y0
Phone: 548-3205
Hours: Every Wednesday for 30 minutes

Goals and Objectives: To take off pounds sensibly through proven nutrition and exercise methods. The group acts as a support, with weekly weigh-ins and contests as incentive.
Description of Programs: Physical Health — We encourage members to exercise at least 15 minutes a day. Mental Health — Through group support and encouragement. Nutrition — Members are encouraged not to drop any food categories and to eat specified servings from each food group. Recreation/Leisure — Exercise; encouragement to put food in perspective. Self-Help Support — Group therapy; discussing similar problems and solutions; light recipes; contest.

Description of Resources: Handout pamphlets available from Health & Welfare. Videos also available.

Fees for Service: $1.00 per week to local club $20.00 per year to T.O.P.S. headquarters.

Weight Minders
C/O Beverly Nunn, Lecturer
Box 7, Group 30 R.R. #1
Swan River, Manitoba R0L 1Z0
Phone: 734-2545

Sub-Offices:
Minitonas United Church Basement — Monday at 4:15, weigh-in and lecture.
Swan River United Church Basement — Monday at 5:30, weigh-in and 7:00 p.m. lecture.
Benito Ladies Rest Room — Monday at 8:30 weigh-in and lecture.

Goals and Objectives: To provide nutritional and weight-loss information and support to group members.

Description of Programs: This weight-loss program uses Canada's Food Guide as its basis but capitalizes on current health issues eg: low-fat diets, low salt diets, sugar-free diets, benefits of exercises, etc.

Fees for Service: $5.00 to join and a weekly fee of $3.00.

Appendix

Mental Health/Spiritual Health

Adult Children of Alcoholics
Alcoholism Foundation of Manitoba
Alzheimers Family Support Group
Aveyron Services
Canadian Mental Health Association
Community Resource Council
Community Stress Committee
Creative Retirement
Dauphin and District Ministerial Association
Economic Security
Friendship Centre — Dauphin/Swan River
Frontier School Division
Human Resources Opportunity Centre
Indian Cultural Education Program
Manitoba Agriculture
Manitoba Health and Community Services
- Community Mental Health
- Foster Care
- Vocational Rehabilitation
- Public Health
- Services to Seniors
- Child and Family Services — Children's Special Services

Parents Together
Parkland Crisis Centre
Parkland Human Resources Opportunity Centre
Parkland Self Help Group
S.T.O.P — Swan River
Stroke Club — Dauphin
Suicide Action Committee
Swan River Lifeskills Project

Physical Health

Alcoholism Foundation of Manitoba
Boze's Bodyshop
Canadian Cancer Society
Canadian Red Cross
Canadian Diabetes Association — Dauphin
Canadian Diabetes Association — Swan River
Community Resource Council
Council For A Tobacco Free Manitoba
Creative Retirement
Culture, Heritage and Recreation
Dauphin Friendship Centre
Dauphin General Hospital
Frontier School Division
Lee's Gym
Manitoba Agriculture,
Manitoba Health and Community Services
- Diabetes Education Resource
- Health Education
- Public Education
- Regional Hearing Centre
- Services of Seniors
- Continuing Care

Manitoba Heart Foundation
Manitoba Lung Association
Medical Services
Parkland Fitness Leaders Association
Parkland Sport Council
Roblin and District Community Help Centre
Recreation
- Dauphin Parks and Recreation
- Intermountain Recreation District
- Roblin-Shell River Recreation District
- Rossburn Silver Creek Recreation District
- Swan River Benito Recreation District